

# Good Health

& wellbeing

**JULIA MORRIS**

**'THE HEALTH DECISION THAT CHANGED MY LIFE'**

**FRESH START**  
Your easy new-season meal plan

**STOP THE CLOCK**

How to defy your biological age

GET GLOWING  
**A-Z**  
OF HEALTHY SKIN

**MENOPAUSE MEMOIRS**  
OVERCOMING TURBULENT TIMES

**STEP INTO SPRING!**

**WALKING FOR WEIGHT LOSS**

*Plus* **THE AMAZING ONE-MINUTE WORKOUT**



SEPTEMBER 2018 \$7.50 INC GST

be informed | be nourished | be energised | be inspired | simply be

SAY HELLO TO  
YOUR NEW  
BEST FRIEND

*...and tames the frizz*  
*...and tame*  
HELLO TO  
YOUR NEW  
BEST FRIEND

# N<sup>th</sup> DEGREE

## HAIR TO THE HIGHEST POWER

With a luxurious blend of Argan Oil and Keratin, **Nth Degree** haircare delivers rich hydration, smoothness and anti-frizz. Prep your hair for maximum potential with **Nth Degree**.

Available from selected pharmacies  
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